

# Foster resilience

Build an understanding of what supports students' resilience.

- ✓ **Control:** Young people who understand that privileges and respect are earned through demonstrated responsibility will learn to make wise choices and feel a sense of control.
- ✓ **Competence:** Give young people opportunities to develop competence. We undermine competence when we don't allow students to recover themselves after a fall.
- ✓ **Confidence:** Young people need confidence to be able to navigate the world, think outside the box, and recover from challenges.
- ✓ **Connection:** Connections with other people, schools, and communities offer young people the security that allows them to stand on their own and develop creative solutions.
- ✓ **Character:** Young people need a clear sense of right and wrong and a commitment to integrity.
- ✓ **Contribution:** Young people who contribute to the well-being of others receive gratitude. They learn that contributing feels good and may therefore more easily turn to others.
- ✓ **Coping:** Young people who possess a variety of healthy coping strategies will be less likely to turn to dangerous quick fixes when stressed.

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